

Preventing the Flu

5 good health habits that can help stop the spread of germs

Wash Hands:

Flu virus is spread from touching objects such as touching doorknobs, keyboards, cell phones, or shaking hands.

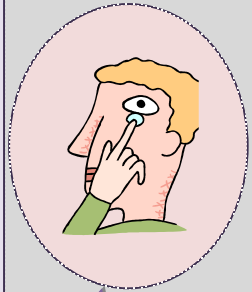
Prevention: Wash hand with warm water and soap. Rub hands together for at least 20 seconds. Rinse hands well under running water, dry hand with a clean towel or air dry.



Avoid touching eyes, mouth and nose:

Germs are often spread when a person touches a contaminated object and then touches his or her eyes, mouth or nose.

Prevention: Properly wash hands prior to touching eyes, mouth or nose.



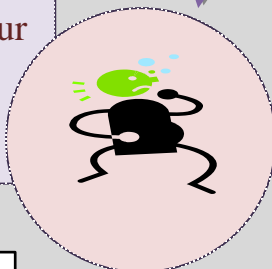
Cover mouth and Nose:

When coughing or sneezing cover mouth with tissue. If tissue is unavailable cough or sneeze in your upper sleeve or elbow avoid using hands to cover mouth.



Avoid Close Contact:

To protect yourself from infection, try avoiding close contact with someone who is sick. If you are sick, keep your distance from others to protect them from getting sick.



Vaccination:

To protect your family and yourself from the flu it is advised to get vaccinated as soon as it is available in your area. For more information about vaccination contact the Immunization Program at (888) 246-1215.

